



Japanese Curry with Sweet Potatoes

Ingredients

- 400g of chicken breast fillet (without skin), cut into cubes
- 200g of sweet potatoes, cut into cubes
- 200g of potatoes, cut into cubes
- 1 large onion, finely chopped
- 1L of water
- 1 tbsp of oil*
- 2 tbsp of curry paste
- 4 tbsp of tomato ketchup*
- 200ml of low-fat evaporated milk*
- 1 tsp of salt

Method

- Boil sweet potatoes and potatoes until tender and set aside. Reserve the liquid for the curry.
- Heat oil in wok and stir-fry onions until fragrant.
- Fry curry paste and chicken pieces.
- Pour chicken curry mixture into the pot of boiled sweet potatoes and potatoes.
- Add reserved water from boiling the potatoes until desired consistency is achieved. Simmer until all ingredients are fully cooked.
- Add in tomato ketchup and season with salt. Stir in evaporated milk. Bring to a boil.
- Serve warm with brown rice.



*Choose products with the Healthier Choice Symbol.